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"Food in the Ancient World" Review

Skye Hardesty

Georgia State University, skye@gsu.edu

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Alcock, Joan P. [Food in the ancient world](#). Greenwood, 2006. 276p bibl index afp ISBN 0-313-33003-4, \$49.95. Reviewed in 2006jul CHOICE. • [New from Greenwood](#) •

Food in the Ancient World, part of Greenwood's "Food through History" series, is an introduction to the food and eating habits of four ancient civilizations: the Greeks, Romans, Egyptians, and Celts. Alcock divides the book into six sections: historical overview, foodstuffs, food preparation and food professions, food by civilization, eating habits, and concepts of diet and nutrition. She also provides a time line and brief biographies of the classical authors mentioned in the book. The prose is clear and there are illustrations. Because this book is written as an introduction, it reads more like a series of encyclopedia entries than a cohesive narrative, but this makes it an easy source for locating general information on the culinary aspect of each civilization. This book is not written for ancient history scholars, but rather for those interested in the history of food and food production. It can be helpful to upper-level high-school students and lower-level undergraduates doing reports on ancient civilizations, and to libraries either starting or adding to a food history collection. **Summing Up:** Optional. General readers; lower- and upper-division undergraduates.